



THE SPIRITUAL DISCIPLINE OF HEALTH

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**HELPING PEOPLE
TAKE CONTROL OF
THEIR HEALTH**

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“DON'T YOU KNOW THAT YOU YOURSELVES ARE
GOD'S TEMPLE AND THAT GOD'S SPIRIT LIVES IN
YOU? IF ANYONE DESTROYS GOD'S TEMPLE, GOD
WILL DESTROY HIM; FOR GOD'S TEMPLE IS
SACRED, AND YOU ARE THAT TEMPLE”.

1 CORINTHIANS 3:16, 17



“DO YOU NOT KNOW THAT YOUR BODY IS A
TEMPLE OF THE HOLY SPIRIT, WHO IS IN YOU,
WHOM YOU HAVE RECEIVED FROM GOD? YOU
ARE NOT YOUR OWN; YOU WERE BOUGHT AT A
PRICE. THEREFORE HONOR GOD WITH YOUR
BODY.”

1 CORINTHIANS 6:19



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THE SPIRITUAL DISCIPLINE OF HEALTH

1. UNDERSTANDING GOD'S DESIGN

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"HUSBANDS, LOVE YOUR WIVES, JUST AS CHRIST LOVED THE CHURCH AND GAVE HIMSELF UP FOR HER...IN THE SAME WAY HUSBANDS OUGHT TO LOVE THEIR WIVES AS THEIR OWN BODIES... , AFTER ALL, NO ONE EVER HATED HIS OWN BODY, BUT HE FEEDS AND CARES FOR IT, JUST AS CHRIST DOES THE CHURCH".

EPHESIANS 5:28, 29

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“WHEN YOU SIT TO DINE WITH A RULER, NOTE
WELL WHAT IS BEFORE YOU, AND PUT A KNIFE
TO YOUR THROAT IF YOU ARE GIVEN TO
GLUTTONY. DO NOT CRAVE HIS DELICACIES FOR
THAT FOOD IS DECEPTIVE.”

PROVERBS 23:1–3



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1. UNDERSTANDING GOD'S DESIGN

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1. UNDERSTANDING GOD'S DESIGN

WHAT IS THE SOLUTION?

REFINED FOOD → WHOLE FOOD

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THE SPIRITUAL DISCIPLINE OF HEALTH

1. UNDERSTANDING GOD'S DESIGN

WHAT IS THE SOLUTION?

REFINED FOOD ➡ WHOLE FOOD
IDLE ➡ ACTIVE

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“...YOU WILL COME TO THE GRAVE IN FULL
VIGOR, LIKE SHEAVES GATHERED IN SEASON.”

JOB 5:28



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HOW IS GOD ASKING YOU TO PURSUE THE
SPIRITUAL DISCIPLINE OF HEALTH?

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THE SPIRITUAL DISCIPLINE OF HEALTH

1. UNDERSTANDING GOD'S DESIGN

2. HABITS THAT LAST

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2. HABITS THAT LAST

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DISCIPLINE IS HARD. HABITS ARE EASY.

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DISCIPLINE IS HARD. HABITS ARE EASY.

1. CHOOSE YOUR HABIT AND PICK A START DATE.
2. CONNECT YOUR HABIT TO SOMETHING YOU ALREADY DO.
3. PLAN FOR HABIT KILLING ACTIVITIES
4. AVOID PERFECTION



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THE SPIRITUAL DISCIPLINE OF HEALTH

1. UNDERSTANDING GOD'S DESIGN

2. HABITS THAT LAST

3. BUILD YOUR SUPPORT TEAM

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1. UNDERSTANDING GOD'S DESIGN

2. HABITS THAT LAST

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A top-down view of a variety of fresh fruits and vegetables arranged on a dark, textured surface. On the left, a whole orange carrot with its green leafy top is positioned vertically. Below it, a smaller carrot is partially visible. In the upper center, two strawberries are sliced lengthwise, revealing their white interiors and green stems. To their right is a whole, ripe red strawberry. Below the sliced strawberries are two starfruits (carambolas) with their characteristic five-pointed star shape. In the center, a thick slice of an orange shows its juicy segments and white pith. To the right of the orange is a cross-section of a green kiwi fruit, displaying its black seeds and white core. Further right, a portion of a pink grapefruit is visible. At the bottom center, a halved avocado shows its green flesh and brown pit. To the right of the avocado is a cross-section of a lemon, showing its yellow segments and white pith. The lighting is bright, highlighting the vibrant colors and textures of the produce.

COCHRANE ALLIANCE CHURCH

REGISTER ONLINE UNDER EVENTS

BY JANUARY 26